



Carkeek Park

Environmental Learning Center

950 NW Carkeek Park Rd, Seattle, WA 98177

206-684-0877

Visit us online at www.seattle.gov/parks

September – December 2005



Living Green, Nature Classes,
Walks Talks and Special Events, and
Environmental Stewardship

Carkeek Park Environmental Learning Center

950 NW Carkeek Park Rd, Seattle, WA 98177
Phone: 206-684-0877 Fax 206-364-4685
Visit us online at **www.seattle.gov/parks**

Hours of operation

Monday – Friday 10:00 a.m. – 4:00 p.m.

Holiday closures

Monday, September 5, Labor Day
Friday, November 11, Veterans' Day
Thursday, November 24 & Friday, November 25
Thanksgiving Holiday
Monday, December 26, Christmas observed
Monday, January 2, 2006, New Year's observed

Program registration

Register now.

Program dates

September – December 2005

About Carkeek Park

Location: Carkeek Park is located in northwest Seattle and is accessed by heading west on NW 110th street from 3rd Ave NW. The park is open from 6 a.m. – 10 p.m. daily. The Environmental Learning Center Campus is just inside the main gate entrance and is open Monday – Friday from 10 a.m. – 4 p.m.

Park amenities include Environmental Learning Center, Play Area, Picnic Shelters, Trail System (including ADA accessible trails), View Meadows, Beach Access, and Salmon Spawning Creeks. Call 206-684-4081 for picnic shelter reservations.

Park rules: Dogs are allowed in the park but must be on leash at all times. No dogs are allowed on the beach or in the wetlands. Walkers and joggers are encouraged to enjoy our extensive trail system. No bikes are allowed on forest trails; however, paved roads allow for great rides!

Mission

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate, and build community.

How to Find Us

Carkeek Park is located in the northwest part of Seattle at 950 NW Carkeek Park Road (north of the Holman Road NW QFC and west of Viewlands Elementary School).

Professional staff

Ken Bounds, Superintendent
B. J. Brooks, Deputy Superintendent
Kathie Huus, Special Units Manager
Leila Wilke, Environmental Learning Centers Manager
Belinda Chin, Education Program Supervisor
Brian Gay, Naturalist
Beth Miller, Watershed Outreach Specialist
Michelle Allen, Recreation Leader
Nancie Jaramillo, Maintenance Lead

Carkeek Park Advisory Council

Current members include: Executive Board: Fran Clifton, President; Russ Kurtz, Vice President; Carey Chaplin, Secretary; Lex Voorhoeve, Treasurer. **General Members:** Shirley Anderson, Dean Fournier, Doug Gresham, Carolyn Kruse, Nancy Malmgren, Peter Marx, Gudrun Murti, and Linda Sawyer.

Payment

You can pay for classes and other activities by mail or in person during regular facility hours. Please make checks and money orders out to Carkeek Park Advisory Council (CPAC). Please note: Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee (cash only). We are working on a system that will make online registration available in the future.

Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, special event or program that is cancelled by Parks and Recreation or the Advisory Council will receive a full refund.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.
- Please read policy, #7.16 for specific information.

E-Brochures are available!

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at **www.seattle.gov/parks**. You can find this brochure information online.

You can make a difference!

Calendar of Events

September

- Sun, Sep 11 Llandover Woods Open Space
Wed, Sep 14 Calling all Salmon Watchers
Rain Barrel and Water
Catchment Systems
Thu, Sep 15 Stream Bug Monitoring
Training
Sat, Sep 17 Stream Sampling —
Piper's Creek
Carkeek STARS
Wed, Sep 21 Water Conservation for the
Homowner
Thu, Sep 22 Carkeek Tyke Hike
Sat, Sep 24 Stream Sampling —
Thornton Creek
Thu, Sep 29 Carkeek Tyke Hike

October

- Sat, Oct 1 Drought tolerant Plants for
the Watershed-Wise Garden
Mon, Oct 3 Intro to Drawing begins
Tai Chi begins
Thu, Oct 6 Carkeek Tyke Hike
Fri, Oct 7 Star Stories
Sat, Oct 8 Fictional Memory, Writing
Down What You Remember
Sun, Oct 9 Llandover Woods Open Space
Mon, Oct 10 Introduction to The
Alexander Technique
Thu, Oct 13 Carkeek Tyke Hike
Fri, Oct 14 Walk in the Wild(night hike)
Sat, Oct 15 Carkeek STARS
Sun, Oct 16 Bird Walks
Mon, Oct 17 Printmaking begins
Thu, Oct 20 Carkeek Tyke Hike
15 years of Piper's Creek
Watershed Action Plan
Fri, Oct 21 Night Forest
Adventures(night hike)
Sat, Oct 22 How to Get Rid of Backyard
Bullies! Plants that is!
Thu, Oct 27 Carkeek Tyke Hike

November

- Thu, Nov 3 Carkeek Tyke Hike
Fri, Nov 4 Whooo's Awake in the Dark?
(night hike)
Sat, Nov 5 Salmon Steward Training
Thu, Nov 10 Calendar of Life
Fri, Nov 11 Rainforest Wisdom
Sun, Nov 13 Llandover Woods Open Space
Wed, Nov 16 Rainwater Harvesting,
Catchment and Management
Fri, Nov 18 Discovering Carkeek's Past
Sat, Nov 19 Carkeek STARS
Watch for the Homecoming of
the Chum Salmon!
Sun, Nov 20 Bird Walks
Fri, Nov 25 An Evening with Jack
Gladstone
The Annual Piper's Creek
Salmon Celebration

December

- Fri, Dec 2 Salmon's Remarkable
Journey
Tue, Dec 6 Holly-Day Decorations
Fri, Dec 9 Green Holidays
Sun, Dec 11 Llandover Woods Open Space
Mon, Dec 12 Christmas Ship &
Neighborhood Sing-A-Long
at Carkeek Park
Sat, Dec 17 Carkeek STARS



Living Green

Rain Barrel and Water Catchment Systems

This class will teach you how to set-up rain barrels and larger rainwater harvesting systems to water your landscapes and flush toilets. **To register call 206-783-2244.**

Early Registration: \$15/PNA member; \$20/non-member. Deadline September 7

Instructor: Michael Broili

Age: Adult

Wed, Sep 14

7 – 9 p.m.

Location: Phinney Ridge Neighborhood Center, 6532 Phinney Ave. N

Biological Monitoring in Seattle Creeks

The aquatic insects or macroinvertebrates that live in the gravel of our creeks are a good indicator of the biological integrity of a creek system. They are small, abundant, and easy to monitor.... Seattle Public Utilities Volunteer Monitors will receive training in principles of biological monitoring and specific hands-on instruction on how to collect the samples. Please sign up in advance for a sampling site — Thornton and Piper's Creeks will be sampled this year. You must plan to attend the evening training September 15 and sample for approximately 4 hours on either September 17 or September 24.

To register contact: Laura Reed, Seattle Public Utilities Surface Water Quality Monitoring Team, at 206 615-0551 or laura.reed@seattle.gov

Stream Bug Monitoring Training

Note: training is required for all those who wish to sample stream bugs.

Instructor: Laura Reed

Thu, Sep 15

7 – 9 p.m.

Location: Good Shepard Center, 4649 Sunnyside Ave N

Stream Sampling — Piper's Creek

Sat, Sep 17

9 a.m. – Noon

Location: Piper's Creek

Stream Sampling — Thornton Creek

Sat, Sep 24

9 a.m. – Noon

Location: Thornton Creek

Water Conservation for the Homowner

Michael Laurie has been a water efficiency consultant in and around the Puget Sound Basin for a number of years. He will discuss practical options for saving water with toilets, washing machines, dishwashers, faucets, showerheads, irrigation timers, soaker hoses, compost, mulch, native and drought tolerant plants, rainbarrels and more. **To register call 206-783-2244**

Early Registration: \$15/PNA member, \$20/non-member; deadline September 14

Instructor: Michael Laurie

Wed, Sep 21

7 – 9 p.m.

Location: Phinney Ridge Neighborhood Center, 6532 Phinney Ave. N

Drought-Tolerant Plants for the Watershed-Wise Garden

A class focused on what really matters: Beautiful plants that will thrive in your garden with less maintenance, chemical use and watering. Slides and plant samples will help you know how to grow beautiful, drought tolerant and disease resistant winners with a focus on natives. Class includes a tour of Carkeek's demonstration gardens and time for Q and A. **Please register by September 28 at 206-684-0877.** Sponsored by Carkeek Park and Seattle Public Utilities.

Instructor: Caitlin Evans, Carkeek Park and SPU

Sat, Oct 1

10 a.m. – 1 p.m.

Fees: Free

Location: Carkeek Park Environmental Learning Center



Living Green



Free Piper's Creek Watershed Tours

Curious about the new street drainage projects in Broadview? Want to see the new sustainably-designed Environmental Learning Center at Carkeek Park? Always wondered what the "Welcome to Piper's Creek Watershed" sign really is about? Free tours are available for groups of 8 or more. **Call Beth Miller at 206-684-0877 for more information or to schedule your group.**

Rainwater Harvesting, Catchment and Management



Join Mike Broili in an in-depth discussion about passive and active rainwater harvesting and management strategies. Mike will reveal the mysteries of rainwater harvesting systems for flushing toilets, how to design rain gardens, vegetated roofs, waterwalls, best soil management practices and many other techniques for

managing rainwater on site. **To register call 206-783-2244.**

Early Registration: \$15/PNA member, \$20/non-member. Deadline November 9

Instructor: Michael Broili

Age: Adult

Wed, Nov 16

7 – 9 p.m.

Location: Phinney Ridge Neighborhood Center, 6532 Phinney Ave. N

Walks, Talks, and Special Events

Bird Walks

Join an Audubon volunteer for a walk and discover some of Carkeek's numerous birds. **Dress for the weather and bring binoculars.** Meet at the Environmental Learning Center near the park entrance. Minimum age 12.

Instructor: Cynthia Wilson

Sun, Oct 16

9 – 10 a.m.

Sun, Nov 20

9 – 10 a.m.

Free

Family Fridays

Each Friday starting in October, Carkeek Park Environmental Learning Center is the place for you! Bring your family (this program reaches all ages) and make stuff, hear a story, take an evening hike, see a film, or share in everyday science. **Please pre-register each week on or before Thursdays by calling, 206-684-0877.**

Fridays

7 – 8:30 p.m.

Oct 7: Star Stories

Oct 14: Walk in the Wild (night hike)

Oct 21: Night Forest Adventures (night hike)

Nov 4: Whooo's Awake in the Dark? (night hike)

Nov 11: Rainforest Wisdom

Nov 18: Discovering Carkeek's Past

Dec 2: Salmon's Remarkable Journey

Dec 9: Green Holidays

Free!



Walks, Talks, and Special Events

15 years of Piper's Creek Watershed Action Plan

Sponsored by: People For Puget Sound, Piper's Creek Interpretive Project and CWCAP. For more information contact Nancy Malmgren at 206-363-4116.

Thu, Oct 20

4 – 9 p.m.

Piper's Creek Watershed Council 4 – 6 p.m.

Meet members of the Council and learn how they support the Watershed Plan. Presentations include proposed Natural Drainage Systems Projects in the area and how the city regulates development near creeks.

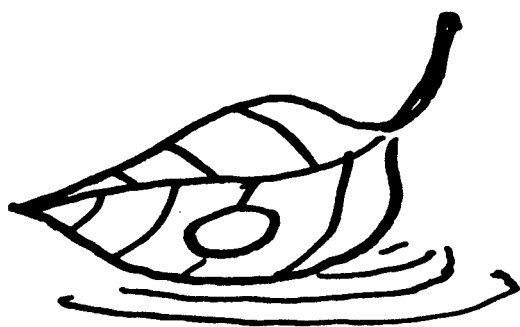
Social Hour and Dedication of Carkeek's Natural Backyard Wildlife Habitat Gardens 6 – 7 p.m.

Gardens will be dedicated to honor Mrs. Minna Piper, Carkeek's first gardener.

Clean Water Act Panel Discussion 7 – 9 p.m.

Focusing on the role of the Piper's Creek Watershed Plan and agencies involved in reducing the harm from stormwater runoff and the priorities of the 2005-2007 Puget Sound Conservation and Recovery Plan.

Panel members: Larry Phillips (moderator), Seattle City Council; Ken Jacobson, Senator 46 District; Nancy Ahern, Seattle Public Utilities; Bob Everett, Washington Department of Fish & Wildlife, Region 4; Jay Manning, Dir. WA Dept. of Ecology; Kathy Taylor, People for Puget Sound; Don Theiler, Director, King County Wastewater Division; and Erin Devoto, Seattle Parks and Recreation.



Calendar of Life

The birds fly south, the first leaves turn color, the salmon return. Are these truly part of reliable cycles? Maybe. The world around us keeps its own calendar, budding, nesting, building, eating, birthing, and dying. There may be more to it than we suspect. Come find out more about the calendar of life as it relates to salmon, seasons, global warming and you.

Register At 206-684-0877.

Instructor: Brian Gay

Thu, Nov 10

6:30 – 8 p.m.

An Evening with Jack Gladstone

The Carkeek Watershed Community Action Plan is pleased to present Jack Gladstone an accomplished musician and interpreter of American Indian Culture, at the Carkeek Environmental Learning Center. Jack was born and educated in Seattle and is a member of the Blackfeet Indian Tribe of Montana. All lover's of his songs and supporters of the "dream" of returning salmon to Carkeek Park are invited to attend! It will be an evening to remember.

For more info call Nancy Malmgren 206-363-4116

Fri, Nov 25

7 – 9 p.m.

Christmas Ship & Neighborhood Sing-A-Long at Carkeek Park

Bring your family and join your neighbors in the Park for this 56th Festival of Lights and Music provided by Argosy Cruises. Join the community in singing around the great fire provided by Carkeek Park and enjoy the music from the Christmas Ship as it floats near the Carkeek Beach. Parking is limited, carpooling is highly recommended.

Sing-a-long starts at 7:45 p.m. and the Christmas Ship arrives at 8 p.m. Sponsored by Carkeek Park and CWCAP.

Mon, Dec 12

7:45 – 8:45 p.m.

Location: Carkeek Park Fire Circle, near play area

Walks, Talks, and Special Events

Carkeek Tyke Hikes are for you!

Share nature with your children. Down in a hidden valley where the grass and ferns grow 'neath the tall old trees is a **special place for you and your child to explore. Tyke Hikes** provide you with the tools to help your child love the outdoors.

You and a naturalist will share a new subject each Tuesday (for example, water, color & shapes, growth, signs of nature etc.) through stories, songs, crafts and outdoor activities. Program will run for 10 Thursdays. Maximum 8 tykes. **Pre-register at 206-684-0877**

Age: 3 to 5 years old with an adult

Thursdays 1:30 – 2:45 p.m. Oct 6 – Dec 8

Fees: \$25/child for the series or \$5 per program per child. Max. 3 children per adult

Location: Carkeek Park ELC

Discovery Day Packs

For an interactive, environmental learning experience, pick up a Discovery Daypack from the Environmental Learning Center with materials and an easy-to-understand Exploration Guide for hands-on experiments as you walk the trails and beaches of Carkeek Park.

“Pack” activities

- are free, one per small group;
- are designed for children **Grades K – 5**;
- require adult supervision;
- focus on self-guided family-oriented education.

Stop by the Environmental Learning Center and hit the trails! Come borrow our Beach, Forest or Wetland Ecology Packs today! Each backpack comes filled with games, craft ideas, magnifying glasses, dip nets, other tools, field guides, and more.

Check-out a free backpack with a valid Washington Driver's License or credit card. Backpacks are available Monday through Friday at 10 a.m. and must be returned by 3 p.m.

Facility Rentals

Interested in hosting a private party, conference, meeting or other event? The Environmental Learning Center has a 60 person capacity and is available for rent until 9 p.m. most evenings. **Call 684-0877 to find out prices and other information.**

Birthday Party Package at Carkeek Park

Looking for something different for your child's birthday party this year? Celebrate your child's birthday at Carkeek Park. Choose from the following topics — or work with us to design your own theme.

- At Home in the Forest
- Wetlands Walkabout
- Salmon Stories
- Mice and Monsters (Pre-K)
- Earth's Secrets

Packages include one hour Naturalist-guided park time and one additional hour's use of the Environmental Learning Center for gathering, refreshments and gift exchange.

Please contact us at 206-684-0877 to inquire about a Birthday Party Package.

**Preschool (3 – 5 yrs): \$100 up to 10 kids
\$160 11 – 20 kids**

**School Age (6 – 12 yrs): \$120 up to 15 kids
\$170 16 – 30 kids**



Nature Classes

Eye Wonder Programs

A splendid mix of sensory, exploratory and animal programs provide your pre-school children with a deeper look at the natural world in a fun and interesting way. Introduce them to natural wonders with our one-hour programs: Mice and Monsters: Animal Homes and Behavior or Earth Secrets: Senses and Nature. Each theme includes 3 unique habitat based programs: choose from wetlands, stream, or forest (for example: "Earth Secrets - Wetlands"). **Please call at least three weeks in advance of your preferred trip date to schedule a program.**

Age: Preschool & Kindergarten age

Fees: 7 - 10 children/\$35;

11 - 20 children/\$70

Nature Discovery Group Programs

Please call 206-684-0877 at least three weeks in advance of your preferred date to schedule a program.

Nature Discovery is a unique, adaptable ecology activity series that integrates science, language arts and environmental programs with your classroom, community group, or service group. These two-hour-long programs meet the Washington Essential Academic Learning Requirements and support National Science Foundation kit programs. Programs can be adapted and brought to your school, park, lake or nearby green space. Interactive, investigative programs currently relate to wetlands, forest, salmon and beaches. Also, we provide a basic program on plant growth and development -- most appropriate for younger elementary students -- and a general ecology program is available for older elementary and middle school students.

Fees: 1-15 students/\$65, 16-30/\$130

Fees: 1 - 15 students/\$65, 16 - 30 students/\$130



Senior Adults

Senior Adult Registration Information

To register for Senior Adult classes, please contact the Northwest Sector Senior Adults Program Recreation Program Coordinator at 206-233-7138. Please make all checks payable to "Senior Adult Advisory Council (SAAC)" and mail to Senior Adult Programs, Attn: Northwest Sector, 8061 Densmore Ave N, Seattle, WA 98103-4436.

Introduction to Drawing

Using pencils and charcoal, basic drawing techniques are used to create still life drawings. Topics covered are: perspective, sighting, line, tone, values, composition, layout, texture, form, depth, and structure. Participants are introduced to a set of art principles at the beginning of each class, and then use class time to create drawings which apply these principles. This is a relaxed class for people who have never drawn before.

Mondays 2:45 – 3:45 p.m. Oct 3 – Dec 12
Fees: \$50

Tai Chi (Wu Style)

Fall prevention strategies, improved circulation, slow, gentle, short movements.

Mondays 9 – 10 a.m. Oct 3 – Dec 12
Fees: \$25

Fictional Memory, Writing Down What You Remember **\$5**

Writing exercises will steer this workshop into discussions about memory, both personal and public. Prose and/or poetry are welcome. Payment must be received five days in advance by calling 206-233-7138.

Instructor: Rebecca Mitchell, MFA

Sat, Oct 8 10 a.m. – Noon

Introduction to The Alexander Technique

Learn how to move efficiently, safely, in all fitness activities. For balance issues — you learn techniques to be in charge of maintaining your balance — walking, climbing stairs, etc. Helps all activities, e.g. playing musical instruments, using computer, driving. You will learn How-To-Do what you do. Reduce fatigue, increase your efficiency.

Mon, Oct 10 1 a.m. – 2:30 p.m.
Fees: \$5

Printmaking

During eight sessions, learn the fundamentals of sketching, carving and printing from local artist Diana Fairbanks. Class will leave with a finished product. Materials not provided.

Eighteen hours of instruction

Call to pre-register 206-233-7138.

Mondays 12:30 – 2:30 p.m. Oct 17 – Dec 5
Fees: \$50 plus materials fee of \$15 payable on the first day of class

Holly-Day Decorations

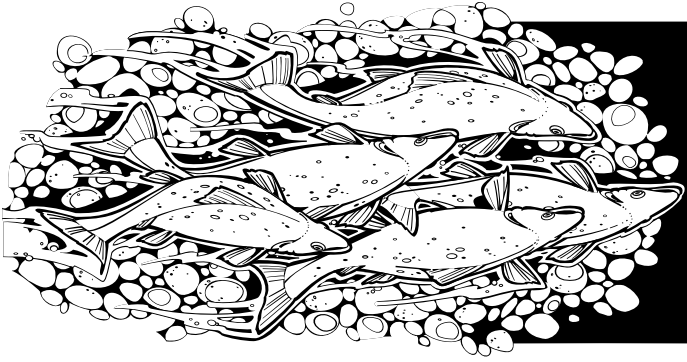
Spruce up your home for the coming winter the natural way. Create beautiful wreaths, garlands and sprays using invasive plants that need to be removed from the park like English Ivy, Scot's Broom, and holly. Basic materials provided. You may want to bring special ribbon, cones, or other decorations. In addition, you may want to bring some gloves to work with the holly.

Pre-registration required five days prior to event, call 206-233-7138.

Tue, Dec 6 1 – 3 p.m.
Fees: \$7
(Helping Hands volunteers come free)



Salmon Events



Calling all Salmon Watchers

Salmon Watchers learn to identify and count salmon returning to creeks in Seattle and all over King County. Come to the training, then watch and record fish at your spot twice a week from October to New Year's. **Register by calling the Creek Steward Program at 206-684-4163.**

Location: Good Shepard Center in Wallingford, 4649 Sunnyside Ave N.

Wed, Sep 14

7 – 9 p.m.

Salmon Steward Training

Do you have the desire to educate others about the wonders of the outdoor world? Do you want to learn more about Salmon's Life Cycle? Looking for a reason to spend more time outside during fall and winter? Come to Carkeek and learn about the importance of salmon and how to talk to visitors about them. We will ask that you sign up for four 3-hour shifts between November and early December to wander the wetlands or staff a table and answer visitors' questions. A great way to get your school service hours. (Bring your calendar and a bag lunch!)

Please pre-register by calling 206-684-0877

Sat, Nov 5

9:30 a.m. – 3 p.m.

Location: Carkeek Park Environmental Learning Center

Watch for the Homecoming of the Chum Salmon!

Last fall, over 200 chum salmon returned to the creeks at Carkeek Park. This year you can be there to greet our home team of salmon. Come visit our Salmon Stewards and find out about the Chum's journey back to their home stream. Watch as these amazing fish make their way up Piper's Creek to build their nests and prepare for the next generation. Learn what you can do to improve the chances of restoring the salmon to Carkeek Park. Meet along Piper's Creek at the salmon-viewing spots.

Instructor: Salmon Stewards

Sat/Sun 11 a.m. – 3 p.m. Nov 19 – Dec 11

Location: Meet in Lower Meadow by the Creek

The Annual Piper's Creek Salmon Celebration

Come see the salmon, they've made it to our celebration every year so far! Visit with salmon stewards and learn about the amazing lifestyle of the salmon and how our urban water cycle affects them. Family friendly activities, hot drinks and treats will be on hand, courtesy of local merchants.

Call 206-684-0877 for more information.

Fri, Nov 25

11 a.m. – 2 p.m.

Location: Carkeek Park-The meadow in front of the King County Pump Station

Salmon Friendly People

The Carkeek Watershed Community Action Project invites volunteers to work on the Salmon to Sound Trail, the Salmon Friendly Garden, monitor water quality, recruit Salmon Friendly Neighbors, feed chum fry, support Earth Day activities and advocate for salmon and water quality improvements.

Contact Nancy Malmgren at 206-363-4116 to get involved.

Environmental Stewardship

Be a Creek Steward

Creek Stewards adopt and care for habitat plantings along a creek, monitor their sites, and have the opportunity to learn more about creek related topics through site stewardship workshops.

Location: Creekside sites in Thornton, Longfellow and Piper's Creek.

Contact Information: Call Bob Spencer, Seattle Public Utilities Creek Steward Program Coordinator at 206-684-4163 for details.

Join the Carkeek Park Citizen Water Quality Monitoring Team

Learn what water characteristics are important to the health of Piper's Creek aquatic life, special needs of the salmon and how you can help protect the water quality of Puget Sound. Learn how to use water quality monitoring tests. **For more information call Nancy Malmgren at 206-363-4116.**

Sponsored by: CWCAP, Piper's Creek Watershed Interpretive Program, SPU's Creek Steward Program, and Carkeek Park.

Fish-Friendly Car Wash Kit Available at Carkeek Park

Car washes can be terrific fundraisers, and a great way to build community. However, if a car wash is done incorrectly it can hurt local fish and other wildlife. Most of the storm drains and ditches around Carkeek Park and the neighborhoods of Blue Ridge, Broadview, Crown Hill and Greenwood connect to Piper's Creek, so soapy water, dirt, and phosphates get into the creek. Seattle Public Utilities has developed a car wash kit you can borrow which collects the soapy water and pumps it to a sanitary connection. (SPU will loan you the pump, catch basin insert, hose and extension cord.) The kit is available at Carkeek Park.

To borrow the kit for your next community car wash fundraiser or find out more call 206-684-0877. A \$25 fully-refundable deposit is required when borrowing the kit.

Carkeek Outdoor Work Parties

Adopt-An-Area

For long term adoption by individual stewards or small groups. For information, please contact Nancie Jaramillo, Carkeek Natural Resource Lead, at nancie.jaramillo@seattle.gov or 206-684-4256.

Adopt-A-Trail

Do you have a favorite trail that you enjoy? Why not help keep it beautiful by performing light maintenance tasks. For information, please contact Linda Sawyer at carkeektrails@aol.com or 206-781-1343.

Carkeek STARS

Looking for exercise, camaraderie, and a fun way to help the community? Join us at Carkeek Park and become one of our "**STARS**" (**Stream, Trails And Reforestation Stewards**)! We are continually restoring and improving our native landscape. Help us in our efforts to keep the invasive plants at bay; create safe, user-friendly trails; replenish our native forests; and protect our streams from erosion and run-off. We have outdoor work parties every third Saturday of the month year-round.

Registration is required. For information contact Cynthia Wilson at cynthiawilson20@yahoo.com or 206-781-2263. All participants must arrive 15 minutes before STARS parties are scheduled to begin.

Sat, Sep 17	9 a.m. – 12:30 p.m.
Sat, Oct 15	9 a.m. – 12:30 p.m.
Sat, Nov 19	9 a.m. – 12:30 p.m.
Sat, Dec 17	9 a.m. – 12:30 p.m.



Environmental Stewardship



Earn Service Learning Credits

Satisfy your Environmental Science or Service Learning requirements while exploring the wilds of Carkeek Park.

Under the direction of Carkeek Habitat staff, you will receive instruction and participate in backyard habitat maintenance, invasive plant removal, salmon habitat restoration and reforestation activities. We also have docent environmental education opportunities throughout the year.

To schedule your service learning opportunity contact Nancie Jaramillo at 206-684-4256.

How to Get Rid of Backyard Bullies! Plants that is!

Is “Stinky Bob” giving you grief in your garden? What about “Garlic Mustard”? Well these are headaches in Carkeek Park! Join with your neighbors in a fast moving orientation about the devastating impact of invasive non-native plants on our local ecosystems. Learn how to identify these “Bullies” and then spend a couple of hours in the riparian creek corridor helping to restore the habitat. Our presenter, Sasha Shaw, has a passion for local wild plants and a gift of passing that passion on to others! Dress for the weather, bring your favorite gloves, and cover up your extremities. *Presenter: Sasha Shaw, King County Noxious Weed Control Program.* **For more information or to sign up call Nancy at 206-363-4116.**

Instructor: Sasha Shaw

Age: adults

Sat, Oct 22

10 a.m. – 1 p.m.

Location: Carkeek Park ELC

Piper’s Orchard Work Parties

Join the Western Cascade Fruit Society/Piper Orchard Chapter in maintaining the historic Piper’s Orchard. Volunteers prune, trim and clear debris. **Contact Carkeek Park at 206-684-0877.**

Wetlands Work Parties

Come help with the continuous restoration of Carkeek Park Wetlands area. Activities include invasive removal, planting and general maintenance to improve wetlands water quality. Be prepared to get your feet wet and come participate in this unique volunteer opportunity. **For more information and Saturday schedule, e-mail Scott Stolnack at scott.stolnack@ptk.org or call 206-527-8353.**

Co-sponsored by SPU Creek Stewards Program and Carkeek Park. Pre-registration is required.

Llandover Woods Open Space

Stewards for Llandover Woods will be hosting a work party each month to restore habitats at risk from invasive plants.

Join us at 9 a.m. for a bird walk to explore the jewels of Llandover. We will remove invasives from 10 a.m. – Noon.

Tools, gloves and instructions will be provided. For additional information, please contact Glenn Austin 206-364-9252 or gaustin@path.org

Registration is required.

Location: East parking lot off of NW 145th ST & 3rd Ave NW.

Sun, Sep 11

9 a.m. – Noon

Sun, Oct 9

9 a.m. – Noon

Sun, Nov 13

9 a.m. – Noon

Sun, Dec 11

9 a.m. – Noon

Naturalist's Notebook

Fall 2005 — Master Foresters: Forefront of Forest Restoration

Carkeek Park's forest is special... there are one-hundred-year-old maples standing beside tall, thick, red cedars. An array of ground-cover lies beneath the extensive green canopy. And, it supports fish, wildlife, and streams.

But the forest is neither healthy nor resilient. Signs of aging and occasional disease are found throughout the park as trees like red alder lean and slide down the steep slopes of glacial silt. Many of the Pacific Northwest forest's normal ground cover, shrub, and tree species are missing from Carkeek. — Why?

Carkeek's current forest is the second chapter in a story that follows the wholesale logging at the turn of the last century, where the lumber was used to build the burgeoning city around us. Meadows and dairy pastures were developed on the logged slopes, but gradually maple and red-alder trees filled in the meadows from the edges. Within the ponderous, slow time-scale of a forest, this meant the seeds from big, old evergreen trees and some species of shrubs and ground-cover were gone — essentially in an eye-blink, — and an even-aged, low-diversity deciduous forest grew instead.

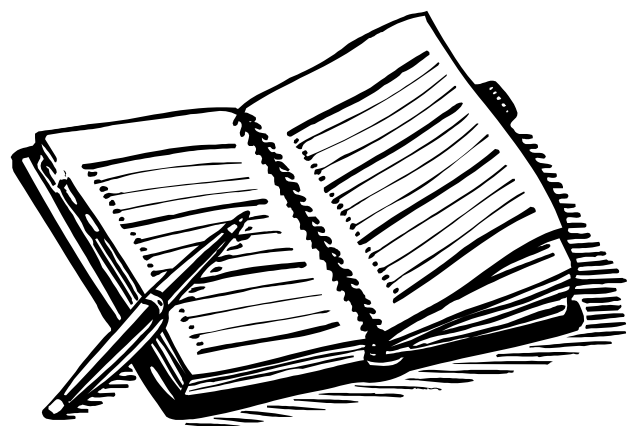
The forest you see now came in, steadily and surely, but gaps are showing already, as trees with short life-spans die in groups at once. Wildlife habitat and soil nutrition are not the same as they were before. What is to be done?

Since June, eight Master Foresters have been training to be leaders of forest work parties, learning about forest restoration basics, volunteer leadership, tree physiology, plant identification, and more. Early next year, the Master Foresters will lead work-parties throughout Carkeek and, perhaps, in the urban forest beyond.

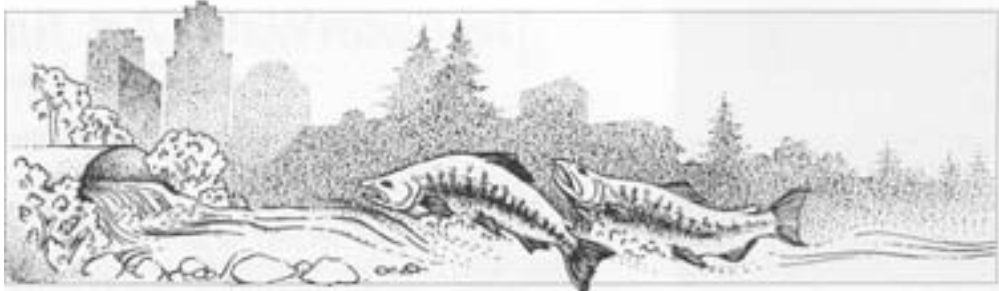
With luck, well-timed planning, and committed labor, we will re-direct and restore a city forest to native forest standards. A forest management plan has been developed to restore and retain species for the next two to three decades and beyond. Watch for announcements of community work parties and join in the restoration effort!

In a few years, perhaps with your help, Carkeek's forest will be one where city-dwellers can find what they now find only in rural forests: a native mixed forest that keeps the water flowing, the salmon swimming, and the trees diverse and alive.

— Brian Gay,
Carkeek Park Staff Naturalist



HEADWATERS
HEADWATERS
HEADWATERS
HEADWATERS



Headwaters provides a forum for communication and discussion of local watershed issues. Headwaters is a free newsletter produced by the Pipers Creek Watershed Project, a collaborative program of Seattle Parks and Seattle Public Utilities.

Strong, Healthy Gardens Need Fewer Fertilizers and Pesticides to Look Beautiful
In the Piper's Creek Watershed, that means fewer chemicals in Piper's Creek

It's been a hot, stressful summer for many gardens in the Pipers Creek Watershed. Summer drought stress can often lead to winter damage and then to plant disease. Fall – with the start of cooler weather and the rainy season - is the time to fortify your garden for the winter ahead. Here are a few Salmon Friendly Gardening tips to protect your garden's health while protecting the health of Piper's Creek.

- 1. Fall is a great time to plant!** Be sure to carefully select beautiful, drought tolerant and disease resistant plants that will thrive in your garden without expensive chemicals or a lot of maintenance and watering. Need help picking plants? Join us at the Carkeek Park ELC October 1 for a FREE Watershed wise plant class.
- 2. Think Right Plant Right Place.** Once the rains start, consider transplanting things that get too much or too little sun where they are to more appropriate spots in the garden. Think about grouping plants with similar sun and water needs together.
- 3. Be generous with the compost** in new planting beds – it really makes a difference! Spread 3 or 4" of compost over the top of new beds and work it into the soil. The compost should be black, cool, and earthy smelling – never steamy or stinky.
- 4. Water new plantings carefully.** Visit www.savingwater.org for more tips
- 5. DON'T weed and feed.** Feed existing and new plants with organic, slow release fertilizers which are safe for the environment. Pull weeds by hand, it's worth the effort. Weed killers will weaken your soils natural defenses against future invaders.
- 6. Mulch your plants** – new and old - with an inch or two of compost. Mulching is an easy, natural way to tidy up the garden while protecting roots from freezing weather and keeping soils from washing away. Erosion from your garden can make The Creek muddy and that makes it really hard for Salmon to lay their eggs.
- 7. Take advantage of FREE hazardous waste disposal.** Fall is a great time to get rid of all your unwanted containers of pesticides, fertilizers and other chemicals. Call 206-296-4692 to find out about the free disposal site near you.
8. Pat yourself on the back! You are now a Salmon Friendly Gardener.

Don't forget: In the Piper's Creek Watershed, contaminated storm water eventually makes its way into Piper's Creek and Puget Sound. In fact, most of the pollution in Puget Sound today comes from urban storm water runoff. *This impacts the health of all the creatures living there.*

- To learn more about the Salmon Friendly Neighbor program call Nancy Malmgren at 206-363-4116.
- For FREE detailed garden information come to the Carkeek Park Environmental Learning Center or call the Natural Lawn & Garden Hotline at 206-633-0224
- For information about toxins in our environment call the Washington Toxics Coalition: 206- 632-1545.
- To report water quality concerns, illegal dumping or graffiti call 206-684-7587



Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people of all ages, abilities, and backgrounds. Our Advisory Council is always looking for new members. Meetings are held on the fourth Monday evening of every month to talk about programs,

policies, and financial issues. Citizen direction and participation are vital to our continued success. Advisory Council members also create scholarship opportunities through grant writing and other fundraising activities. If you'd like to get involved, please contact our staff. Most classes, workshops, sports, and special events are funded through the Advisory Council rather than through Seattle Parks and Recreation. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely heavily on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.

Suggestions

We welcome your ideas. If you want to suggest a new class, or if you have an idea you think would benefit us or our community in general, please let us know.

Interested in teaching?

We're always looking for top quality instructors to offer courses. We offer classes based on participants' interest and space availability. If you have a special talent, skill, or knowledge you would like to share with others in a class or workshop format, please talk to a member of our staff.

Anti-discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental or physical handicap.

Accommodation for people with disabilities

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodation, please call 206-615-0140 or TDD 206-684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area not accessible for wheelchairs, we will make

every effort to help you find a similar program in an accessible location.

Rentals

For information about room rentals, please view our facility rental brochure. (<http://www.seattle.gov/parks/reservations/facrentalguide.htm>)

More information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at www.seattle.gov/parks, or call our Public Information line, 206-684-4075. For more information about senior adult programs, please call 206-684-4951; and for information about programs for special population, please call 206-684-4950.

Fees and charges

Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Council are used to offset the cost of providing the programs. Program charges include user fees of 3.25% paid to Seattle Parks and Recreation to defray operating costs. Class and program fees include Washington State sales tax when applicable.

Scholarships

Our Advisory Council wants to ensure that activities, classes and sports are available to everyone, regardless of their ability to pay. The Council offers scholarships for qualified applicants. To apply for a scholarship, please talk to a member of our staff.

Waiting lists

We create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

Class cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we'll postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we'll have to cancel it.



Program Registration Form

Make Check Payable to: Carkeek Park Advisory Council

Mail to: Carkeek Park Environmental Learning Center

950 NW Carkeek Park Rd

Seattle, WA 98177-4755

Phone: 206-684-0877 Fax: 206-364-4685

Name: _____ Day Phone _____

Address: _____ Eve Phone _____

City: _____ Zip: _____

REGISTRANT	PROGRAM TITLE	AGE	DATE	FEE
			TOTAL	



**SEATTLE PARKS
AND RECREATION**

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Environmental Learning Center
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Seattle, WA 98177-4755

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Give us a call directly at:

206-684-0877